

**Center Phone:  
615-622-3040**

**8101 Highway 100  
Nashville, TN 37221**

**Connect with Us**

[www.fiftyforward.org](http://www.fiftyforward.org)

[www.facebook.com/  
FiftyForwardJLTurnerCenter](https://www.facebook.com/FiftyForwardJLTurnerCenter)

*Center Director*  
**Connie Rigsby**  
[crigsby@fiftyforward.org](mailto:crigsby@fiftyforward.org)

*Program Director*  
**Nikki Plotts**  
[nplotts@fiftyforward.org](mailto:nplotts@fiftyforward.org)

*Office Assistant*  
**Candy Paull**  
[cpaull@fiftyforward.org](mailto:cpaull@fiftyforward.org)

**FiftyForward J. L. Turner  
is located inside the  
Bellevue Family YMCA**

**Bellevue YMCA Members  
50+ are automatically  
eligible to participate in  
FiftyForward J. L. Turner  
Center Activities**

## The Turner Times

June 2019



### THANK YOU RISE!

We want to give a huge thank you to Rise Tucker for being a volunteer for the Turner Center since 2013. Rise is one of our ambassadors, has facilitated our rhythm band for the past 4 years, and received Turner Center's Volunteer of the Year in 2016. Rise took a second to reminisce about her experience and this is what she had to say.

"My favorite memory will always be the "Islands In Our Dreams" Tropical Cruise Show, which showcased the many talented members of the Turner Center. It featured our wonderful band playing at their best, complimented by our popular team of line dancers, and stories and poems by some of our gifted poets and storytellers. Even some of our most avid Silver Sneakers members showed the fun of exercising with choreographed moves to "The Limbo Rock." And to top it off, we had beautiful scenery and props created by our very own creative and highly-talented artists. It was a true celebration of our cherished center, and showed the opportunities afforded us by this unique place."



Rise's passion for rhythm band and our center is contagious! If you see her, please join us in wishing her well in her future endeavors. Join us for their last performance on Friday, June 14th at 11:30am.

**FiftyForward-only members must show a valid  
FiftyForward card to the YMCA greeter when entering the  
building.**

## GET EXCITED!

### Special Events & Trips

#### Events at the Center:

- **Deloitte Tech Day: Tuesday, June 4th**
  - Get enrollment assistance and tech help (10:00am-12:30pm—Turner Lobby)
- **Elder Abuse Awareness Day: Wednesday, June 5th**
  - Pop by the FiftyForward Victory Over Crime table on the way to your fitness classes and programming and get information & giveaways (10:30am-12:30pm—Turner Lobby)
- **Bunco Bonanza Luau: Thursday, June 6th**
  - Bring a dish to share, play Bunco, & win prizes! (Noon—FREE, Activity Room)
- **First Friday with the Metro Archives: Friday, June 7th**
  - *Freedom Spring* presentation by Kurt Veters (12:30pm—FREE, Zelle/West)
- **New Director Meet & Greet: Monday, June 10th**
  - Get to know Connie Rigsby, the Turner Center's new Director. *Light refreshment provided.* (10:30am—FREE, Zelle/West)
- **All of Us Program Enrollment: Wednesday, June 12th**
  - Get enrollment assistance and tech help (10:00am-12:00pm—Turner Lobby)
- **Clarendale Lunch & Learn: Thursday, June 13th**
  - Learn about the new independent living, assisted living, and memory care community located in Bellevue Place (11:30am—FREE, Zelle/West)
- **Retro Rhythms Farewell Concert: Friday, June 14th**
  - Relive some of the Retro Rhythms favorite songs at their final performance, "Flashbacks." (11:30am—FREE, Activity Room)
- **Immunization Discussion: Wednesday, June 19th**
  - Presented by Walmart Pharmacy (10:30am—Zelle/West)
- **Aging Mastery Program Orientation: Monday, June 24th**
  - *Navigating Longer Lives: The Basics of Aging Mastery* (10:00am—FREE, Zelle/West)
- **June Birthday Party: Wednesday, June 26th**
  - June birthday celebration sponsored by Anthem, Inc. (Noon—FREE, Turner Lobby)
- **Friday Flicks: Friday, June 28th**
  - *Ben is Back*; popcorn & drinks provided (12:30pm—FREE, Zelle/West)
- **Summer Flower Arrangement Class: Date TBD**
  - Ginger from Kroger Floral will teach. (Time & Price TBD)

#### Art Classes:

- **Art Class: Thursday, June 6th & Thursday, June 20th**
  - Project TBD (2:00pm-4:00pm—Price TBD, Zelle/West)
- **Open Art Studio: Wednesday, June 26th**
  - Enjoy creative time with other artists! Reusable materials will be provided. (2:30pm-4:00pm— Zelle/West)

## GET EXCITED!

### Special Events & Trips

#### Day Trips:

- **Tennessee State Museum & Farmer's Market: Thursday, June 6th**
  - Guided tour of the Tennessee State Museum (10:15am—\$6 plus lunch)
- **Nissan Plant Tour: Tuesday, June 11th**
  - Get a guided tram tour of the Nissan Manufacturing Plant in Smyrna (9:00am—\$6 plus lunch)
- **All of Us Picnic at Centennial Park: Monday, June 17th**
  - Celebrate the one-year anniversary of All of Us with lunch, games, & prizes. (11:30am—\$2 van)
- **Water Treatment Plant Tour: Monday, June 24th**
  - Metro Water Services provides over 200,000 customers with clean, safe, drinking water every day. Learn how on a tour of their water treatment facility. (10:00am—\$6 plus lunch)
- **Blue Heron Nature Cruise: Thursday, June 27th**
  - Relaxing boat ride on Percy Priest Lake (10:15am—\$20 plus lunch)

#### Food Trips & Gathering:

- **Foodie Night: Friday, June 7th**
  - Dinner at Porta Via (5:00pm—Meet there)
- **Breakfast Club: Monday, June 10th**
  - Breakfast at Cracker Barrel (8:30am—Meet there)
- **Supper Club: Monday, June 17th**
  - Dinner at Anatolia (5:00pm—Meet there)
- **Foodie Night: Friday, June 21st**
  - Dinner at Franklin Chop House (4:15pm—\$6 van plus dinner)

## GET READY

### Upcoming Special Events & Trips

#### Next Month...

**Tech Day with Nashville Public Library:** *Now a recurring program!* Tuesday, July 9th from 10:00am to Noon in Brown/Davis.

**AARP Driver's Safety Course:** Wednesday, July 17th & Thursday, July 18th from 9:00am to 1:00pm. \$15 for AARP Members; \$20 for non-members.

**Annie at Chaffin's Barn:** Thursday, July 25th at Noon. \$20; Meet there. Sign up with the YMCA membership staff.

**Beginner & Intermediate Bridge Classes:** Interested in joining our bridge group? Learn how to play from expert members. Tuesdays in July—Free.

# GET CONNECTED

## Ongoing Classes & Groups

# Fun & Games

*All experience levels welcome*

### Bridge

Mon., Wed. & Fri.  
11:45am-3:00pm  
Thurs. Evenings  
6:15pm-9:00pm  
(Brown/Davis)



### Canasta

Tuesdays  
9:30am-2:30pm  
(Zelle/West)



### Mahjong

Tuesdays  
9:00am-12:00pm  
(Zelle/West)



### Rummikub

Tuesdays  
12:30pm-3:00pm  
(Brown/Davis)



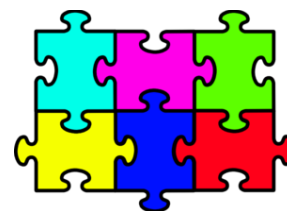
### Ping Pong

Wednesdays  
1:00pm-3:00pm  
(Activity Room)



### Puzzles

Daily  
9:00am-3:00pm  
(Turner Lobby)



### Current Events Group

**Thursdays at 10:00am in the Conference Room**

Join us for a member-facilitated discussion group. This group is not meant for those hoping to voice their political opinions but rather for a civil discussion in topics ranging from: newsworthy items, current events, politics, legislation, current media, technology, and much more.

### BOOK CLUB

Thursday, June 27

1:00pm-3:00pm

Turner Conference Room

*Born a Crime*

By: Trevor Noah



## GET CONNECTED

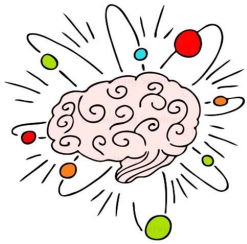
Ongoing Classes & Groups

# Lifelong Learning Programs

*All experience levels welcome*

### **Brain Brawlers Trivia**

Tuesdays  
12:00-1:00pm  
(Zelle/West)



Team play of general knowledge trivia

### **Creating Memoirs**

2nd & 4th Tuesdays  
1:00-3:00pm  
(Conference Room)



Write your personal memoir

### **Sit, Knit & Crochet**

Fridays  
9:00am-12:00pm  
(Conference Room)



Learn to knit and crochet

### **Line Dancing**

Weds. 1:00-2:00pm  
Fri. 10:30-11:30am  
(Activity Room)



Intermediate & Advanced

### **Rhythm Band**

1st & 3rd Fridays  
11:30am-12:30pm  
(Zelle/West)



No Experience Necessary

### **Writer's Club**

Thursdays  
11:30am  
(Conference Room)



No Experience Necessary

**Letter from the Office Assistant...**

*Each day I am reborn.  
Each day I must begin again.*  
Pablo Casals



You are never too old to savor life, enjoy a good challenge, or develop your gifts and talents. Master cellist Pablo Casals loved his art and practiced the cello till he was in his 90s. When Casals (then aged 93) was asked why he continued to practice the cello three hours a day, Casals replied, "I'm beginning to notice some improvement..." Bodies may grow older, but hearts and minds are eternally young. In this moment, this hour, this day, you can choose to live more fully, and to embrace a new skill or a fresh idea.

June offers many opportunities to discover new possibilities and refresh your perspective. Explore a new painting technique, hone your technology chops, or meet with fellow writers to improve your craft. Take a trip and watch the wildlife as you cruise Percy Priest Lake, enjoy exhibits on Tennessee history at the state museum or tour the auto assembly line at the Nissan plant. You can continue building strength and flexibility through Silver Sneakers classes, Tai Chi, Qigong, line dancing, and other fitness activities. Top all that off with a fine dining in good company with the Foodie group.

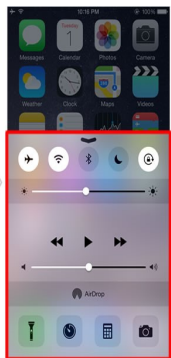
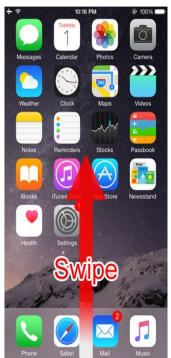
We are constantly seeking ways to improve and make this center better than ever. I'm so excited that our new Center Director, Connie Rigsby, has joined the team. She brings years of experience, but she also brings a positive and joyous attitude to this new position. Come meet her on June 10<sup>th</sup> and welcome her to our community.

**Sincerely,  
Candy Paull  
Office Manager, FiftyForward J.L. Turner Center**

**Get to Know Your Shortcuts.**

There's almost always a faster way to do things, it's just a matter of memorizing the necessary swipes, pinches, or long-presses for your particular phone. On the iPhone, for

**TECH CORNER**



example, you can swipe up from the bottom edge to bring up quick settings, or double tap the home button to bring up a recent apps list. You can then close an app by swiping

upward on it. From this screen you can go into do not disturb mode, access your flashlight, calculator and more!

*From time.com*

**Recycling Tip:**

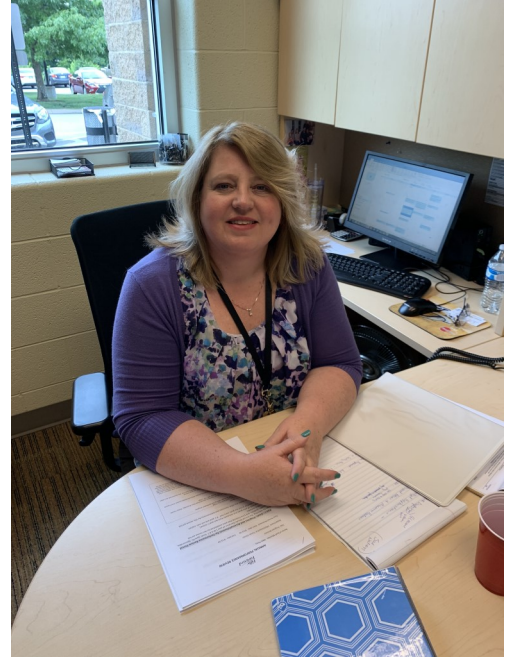
Certain items like disposable cups, greasy pizza boxes, non-recyclable plastic containers (like those for yogurt) and take-out containers can contaminate entire batches of recycling. About 91% of plastic is not recycled and can linger in the environment for hundreds of years, contributing to ocean pollution. Glass containers are 100 percent recyclable; steel and aluminum cans and cardboard are also easily recyclable.

**Thank you to Edward Jones for being an Executive Level Sponsor at our Fundraiser and for their support of the Turner Center.**

**Edward Jones**<sup>®</sup>  
**MAKING SENSE OF INVESTING**

## Please join us in welcoming Connie Rigsby to the J.L. Turner Center Team

Connie will be joining us as our new Center Director. With over 17 years of experience with senior communities, Connie comes to us most recently from St. Clair Senior Center, where she served as the Executive Director. She has extensive experience in senior programming trends, building community partnerships and department management. Connie has also received two Tennessee Federation on Aging Innovation awards for programming and center management. We are thrilled to welcome her into our FiftyForward family!



### Letter from the Program Director...

Summer is officially upon us!

We have a ton to look forward to in June so be sure to stop in and sign up. We have some fun day trips that you know and love! We will start off with another trip to the TN State Museum followed by lunch at the Farmer's Market, Nissan Manufacturing Plant tour, and the Blue Heron Cruise on Percy Priest Lake. We will also head to the Water Treatment Plant for a tour of their facility— this was an idea by our newly established programming board and I am so excited to see what you all think! In addition, the All of Us Research Program will also be holding a picnic to celebrate their one-year anniversary so come join us for a fun afternoon with delicious cookout food!



We also have plenty of excitement going on in the center including an immunization discussion with Walmart Pharmacy where they will give a discussion followed by time for one-on-one questions regarding prescriptions and immunizations. We will also have the opportunity to mingle with and get to know our new director, Connie Rigsby, at our meet & greet.

We are also extremely excited for the final Retro Rhythms concert, "Flashbacks." Come enjoy some of the Rhythm Band's favorite songs from the past, and say farewell to our beloved band!

Also please be sure to browse the section on volunteer opportunities in the Center. We are looking for a driver for our day trips & foodie night events. We will do a background & driving check, but no CDL license is required. If you, or anyone you know is interested please stop in and see me or another staff member.

**Thank you,  
Nikki Plotts  
Program Director, FiftyForward J.L. Turner Center**

## BELLEVUE HISTORY & GENEALOGY GROUP

For more information, contact Bob Allen at 615-218-4580 or bob@bellevuebob.com. Join us on Friday mornings at 9:00am for coffee and lectures about various historical topics.



**Friday, May 24, 2019 – NO MEETING – MEMORIAL DAY WEEKEND**

**Friday, May 31, 2019 from 9:00 am to 10:30 am – Fort Negley: “The Challenges of Preserving a Misunderstood Cultural Treasure” – Krista Castillo, Museum Director of Fort Negley.** Born out of the bloody struggle for a nation’s soul, is a patchwork of contradictions and inexplicable occurrences. From its perch on St. Cloud Hill, the fort beckoned enslaved people to run and provoked Confederate civilians to curse. Following the Civil War, Nashville struggled to place Fort Negley within the context of Confederate defeat relegating the site to near obscurity. Although the WPA resurrected the fort in the 1930’s, the city remained uncommitted to preserving and protecting the site for decades. This program explores the underlying causes of Fort Negley’s neglect, misrepresentation of the fort’s legacy as a bastion of freedom, and the most recent attempt to develop the park.

**Friday, June 7, 2019 from 9:00 am to 10:30 am – “War, Memory, and the Gettysburg Reunion of 1913” – Dr. Thomas Flagel,** Author, Historian and Associate Professor of History at Columbia State in Tennessee. It was the largest Civil War veteran reunion ever held. Many believed then and now that this event finally healed the sectional divisions between North and South. But what did the veterans themselves think? Why did over 55,000 come to Gettysburg, a battlefield that for many of them, signified a time and place of severe trauma? Exploring the photos, letters, newspaper interviews, military records, and kinships, Dr. Thomas Flagel’s latest book reveals a far different narrative than what we are often told. “-War, Memory, and the Gettysburg Reunion of 1913” is published by Kent State University Press, and will be available at Barnes and Noble, Amazon, and most major Civil War museums and historic sites. Dr. Flagel is also the author of “Battle Briefings: Gettysburg” from Stackpole Books, and will also be available through most major booksellers.

**Friday, June 14, 2019 from 9:00 am to 10:30 am – “Park it here: Warner Parks yesterday, today and tomorrow” – Heather Gallagher,** Warner Parks Naturalist, will give us a brief history of the Warner Parks, updates on allee, columns and other history restorations, and upcoming programming for adults, families, and school-age children.

**Friday, June 21, 2019 – 26<sup>th</sup> season of our 13<sup>th</sup> year potluck with special entertainment.**

## First Friday with Metro Archives

**Friday, June 7, 2019 from 12:30 pm to 2:00 pm <First Friday with Metro Archives> – “Freedom Spring” – Kurt Vettters,** Author, Researcher, and Novelist. “Freedom Spring” endows the reader with an understanding of the significant contribution African Americans made during the nation’s deadliest war. It brings together historical evidence that corroborates the past and serves as a conduit to the truth, which emphasizes the vital roles of African Americans during the War. A captivating account of those who gave of their service and life to the war effort, this novel is highly recommended. Kurt is also the author of “Confederate Spring” which is available on the website [www.authors-corner.net](http://www.authors-corner.net) and most civil war historical venues.

## Travel with FiftyForward

### Long Distance Travel:

June 6-12— Oregon Trails & Portland Rose Festival

June 19-28 — Memorials of WWII

July 5-17—Nova Scotia, Prince Edward Island, and New Brunswick

August 25-31—Mackinac Island

September 9-12 — Hannibal, Missouri

October 5-13—Cape Cod

October 7-17 — Panama Canal

October 29-31 — Mystery Tour

November 3-9—National Parks & Canyons of the Southwest

December 30-January 4 — Rose Parade New Year

*For more info  
call or email Janice:  
(615) 231-1235  
jjudd@fiftyforward.org*





**Friday Flicks**  
**Friday, June 28th**  
**12:30pm in Zelle/West**  
*Popcorn & Drinks Provided*

Nineteen-year-old Ben Burns unexpectedly returns to his family's suburban home on Christmas Eve. Ben's mom, Holly, is relieved and welcoming but wary of her son's drug addiction. Over a turbulent 24 hours, new truths are revealed, and a mother's undying love gets put to the test as Holly does everything in her power to keep Ben clean.  
**(WARNING: Rated R for Drug Use/Content, Language.)**



## **Volunteer Opportunities at the Turner Center**

Do you know anyone interested in driving some of our monthly trips? No CDL license required, but a background and driving check will be done. All tickets and food will be paid for on any trip you drive. This is a great opportunity to see Nashville and try some new activities and new restaurants! If you know anyone or are interested yourself, stop by and see a staff member. Someone good with people with an outgoing personality is a plus!

Do you know someone who is an advocate for FiftyForward and can take payments for trips and events? In addition to drivers, we also have ambassador time slots available. You will receive credit to the center that can be used on any event or trip. Our current time slot availability is:

- Mondays from 12:00pm-3:00pm (Summer only)**
- 2nd Tuesday of the month from 8:45am-12:00pm**
- Substitute Ambassador (as needed)**

## **Bellevue Family YMCA Upcoming Events**



### **Chaffin's Barn Presents: Annie**

With a perfect combination of street-smarts and optimism, *Annie* warms the hearts of the audience as we witness her rise from next-to-nothing in New York City.

- Thursday, July 25th
- Noon; Meet There
- Tickets; \$20
- Sign up with the YMCA membership staff

**CONTACT:** Regena Hooker, AOA Coordinator  
Phone: 615-646-9622 or Email: [rhooker@ymcamidtn.org](mailto:rhooker@ymcamidtn.org)



*National Council on Aging*

In partnership with FiftyForward Madison Station, the Turner Center will co-host The National Council on Aging's Aging Mastery Program (AMP) where each center will host a total of 10 classes that help older adults build their own playbook for aging well. AMP is an evidence-based, fun, innovative, and person-centered education program that encourages aging mastery— developing sustainable behaviors that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation. At the end of AMP, FiftyForward will host a graduation ceremony and a certificate of participation will be awarded to those who participated in at least 7 of 10 classes offered.

Classes will begin on June 24th, and you must register in advance. Thanks to a grant from the Community Foundation, FiftyForward is offering this \$60 program FREE to our members (including transportation).

**How to Sign Up & Begin Earning the AMP Certificate:**

- Sign up with an ambassador or FF staff; spots are limited to 10
- Attend the Orientation (Required) on Monday, June 24th at 10am in Zelle/West. Topic: Navigating Longer Lives: The Basics of Aging Mastery
- Look for the weekly, ongoing, AMP Classes listed in the July & August newsletters. Ours will be held weekly on Mondays beginning on Monday, June 24th
- Half of the classes will be held at FiftyForward Madison Station. Transportation will be provided at no cost
- Must attend 7 of these classes, plus the orientation (noted above) to earn the Aging Mastery Program Certificate and attend the graduation ceremony

Ron Henson, FiftyForward Living At Home Care Manager, will be available in the **Conference Room** every **2nd & 4th Wednesday** of the month from **8:00am to 11:00am** to answer your questions about Medicaid & Care Services.

**Did you know your FiftyForward membership included these Supportive Care Services?**

**Care Management Services**

This no-cost service for older adults with low incomes offers in-home assessments to connect members with services that meet an individual or family's needs (food, transportation, health care, counseling, etc.). Call 615-743-3416 and a social worker will contact you within 24 hours.

**Care Team Services**

For a fee, this service supports older adults and caregivers by assessing needs, helping purchase services, monitoring care, accompanying customers to appointments, and much more. Call Kristen at 615-743-3436 or email [kmaloney@fiftyforward.org](mailto:kmaloney@fiftyforward.org).

*Sliding fee scale and payment plans available.*

**Adult Day Services**

Located in Green Hills, this social-model licensed day program assists those with health and/or memory issues to participate in structured activities in a supportive and enriching environment.

*Subsidized and sliding fee scale plans available. For information contact 615-463-2266 or [rbaiden@fiftyforward.org](mailto:rbaiden@fiftyforward.org)*

**FiftyForward Fresh/Meals on Wheels**

Providing Bellevue residents 50 and older, a tasty and nutritious meal for just \$5.00. Meals are delivered Monday through Friday. For more information or to sign up for meals, contact Sharie Loik-Goodman, 615-463-2264 or [sloik@fiftyforward.org](mailto:sloik@fiftyforward.org)